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CORPORATE SCREENING & OCCUPATIONAL HEALTH PROTOCOL 2019

The importance of medical screening cannot be over emphasised. Everybody should be warned if they have signs of a current illness and screening will reduce the risk of premature death which in the UK is most commonly associated with cardiovascular illness and cancer. In addition there are increasing numbers of people with obesity and diabetes. Morbidity associated with these conditions is significantly reduced by early diagnosis and information. Prevention is always better than acting too late.

What are the components of a Medical Screen?

History

- Our health checks consist of a questionnaire followed by consultation with the doctor. This affords the patient time to ask questions and voice concerns with the doctor and the opportunity to cover basic health details and routine medical enquiries. Particular attention is paid to social, environmental and occupational stresses and features that might make a diagnosis of heart disease, diabetes or cancer more likely.

Examination and Routine Investigations

- A complete physical examination is performed during which any outstanding points brought to light during the earlier consultation can be focused upon. The doctor personally takes blood samples for analysis (43 routine indices covering haematology profile, liver, kidney, mineral and glucose metabolism profiles, lipid profile including cholesterol levels etc.) and we record an electrocardiogram, blood pressure, lung function analysis, hearing and eyesight tests. We also collect urine samples.

Targeted Screening

- By this stage we would have discussed with women the need for smear tests, HPV screening and mammograms and with men the need for rectal examination, testicular self examination and prostate specific antigen testing on the blood samples already collected. These tests and any others such as screening for bowel cancer which seem appropriate in the light of either the medical history or results of clinical examination would be 'extras' i.e. over and above routine laboratory investigations.

Why should you choose Dr Edmonds' Screening Service?

Personal Care

- The advantage we have over BUPA and the like is that at the end of a check-up, the patient has had the individual attention of a doctor for about forty-five minutes not fifteen or so as in those larger screening organisations. Furthermore when your employees are recalled the following year (or later) for routine check-ups they will see the same doctor again enabling a strong and personal patient/doctor bond to be forged. There is no sense of being processed or being examined by a stranger.

Location and Facilities

- Being located within The London Clinic we are able to take advantage of the state-of-the-art facilities provided and benefit from favourable terms. As a result we do feel we offer a cost effective as well as medically effective full health screen. In addition we keep up to date with developments in health screening and do not order unnecessary investigations (such as routine chest x-rays which have been shown to be ineffective screening tools) nor do we ignore progress and improvements in preventative medical practice eg. Coronary function screening or new “virtual” and MRI screening techniques.
- Naturally, any provisions for examinations under health and safety regulations (e.g. eyesight testing for extended VDU use, audiometry to exclude noise induced hearing loss, toxic chemical levels, etc.) will also be covered in the course of the medical.

Personal Feedback and Guidance

- When all the data has been collected a personal report containing an explanation of the findings and any advice or suggestions is sent to the individual patient at their home address. A copy is made available to their family doctor if the patient has requested this. If appropriate we will follow up patients at 120 Harley Street or refer them back to their own doctor or specialists. The employee is encouraged to telephone us if they do not understand any of the comments in the report or need further clarifications.

Confidentiality

- Medical details are never released to third parties without written permission and confidentiality is ensured at all times.
- However, if by necessity your managers should be made aware of health details concerning a specific employee, the employee would be asked to sign a form giving permission for medical details to be passed on to the company. There are obviously certain occasions when it is appropriate for the company to have knowledge of the employee’s state of health and HR departments are routinely informed when medical examinations have been completed.

Administrative Details

- Appointments are best made in the morning with the employee attending after having fasted since midnight prior to the examination. They are allowed to have water to drink and take routine medications but usually nil else. (If this is a problem a banana or piece of fresh fruit is allowable.) This enables an accurate assessment of the cholesterol and fasting glucose level. In certain circumstances screening medicals can be arranged in the early afternoon in which case patients are asked to eat a light breakfast and miss out lunch. For employees who would prefer to have their **Well Woman health check with a lady doctor** this can be organised at our regular Well Woman clinic.
- With regard to the frequency of medicals it is recommended that employees under 60 are screened on a bi-annual basis. However, if you knew that there had been health problems with the employee you might like to refer them earlier and bring them for review on a yearly basis. Occasionally Dr Edmonds will ask patients to be referred early if medical problems are identified. Annual medicals are recommended for the over 60 age group.

Experience and Quality

- Comparing our annual medical examinations with other providers, one striking difference is that we are able to provide full continuity of care and a personal service. We also are able to provide this at favourable rates. The examination and investigations are on the whole comparable; any tests that we do not perform are not routinely necessary on all patients. Our medicals are always tailored to the requirements of the individual and are not generic.
- Dr Edmonds is at the cutting edge of developments in appraisal and revalidation of doctors in independent practice through his involvement with the Independent Doctors' Federation (current Member of the Revalidation, Appraisal and Governance Committee). We are regulated and inspected under the auspices of the CQC (Care Quality Commission). We are the medical advisers to management and staff of a number of companies who work in the following fields: UK and international design engineering, large-scale property development, retail shopping centres, advertising, hotel management, fragrance and beauty distribution, construction engineering, housing association, theatre production, commodity broking, global medical technology and medical insurance.

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